



ST PETER'S
HOUSE

CURIOSITY | ENCOUNTER | GIFT

Serves 1

Roasted Squash & Spiced Chickpea Rice

The Well Recipe Card

- ¼ small butternut squash – peeled & diced (2-3cm)
- ½ an onion – diced
- 1 clove garlic – finely chopped
- 2 tsp aromatic blend
- 100g basmati rice – washed & strained 3 times
- 200ml water
- ½ tin chickpeas – drained
- ½ vegetable stock cube
- ½ lemon (or other citrus fruit) – cut into 4 wedges

Optional: feta, olives, green salad, flatbread, Greek yoghurt, tzatziki, fresh herbs, flaked almonds, lemon wedges, olive oil

Wash & prepare vegetables as described, pre-heat oven to 180°C.

Put prepared squash in suitable baking tray, drizzle with oil, add salt & pepper. Mix contents of tray to ensure seasonings are nicely distributed and oil has coated the squash. Place in oven and roast until golden (20-30 mins) tossing halfway through cooking.

Meanwhile, place onion into saucepan with a little oil and cook over medium heat until soft (3-4 mins).

Add garlic and cook out for a minute before adding the spices and cooking for a minute stirring frequently to avoid them smoking.

Now add the rice, water, chickpeas and stock cube bring everything to a boil, then reduce to a low simmer, stir well and cover with a lid. Keep on cooking until rice is tender (12 – 15 mins) stirring occasionally – if all liquid is absorbed before the rice is tender add a little extra water and continue cooking.

Check for seasoning adding more salt and pepper as desired finish with juice from 2 wedges of lemon.

Serve with roasted squash on top of rice and lemon wedges on the side, great as a main course or alongside optional extras for a special occasion dinner.

